

Child and Adult Care Food Program
Adult Centers Weekly Menu #1 • Breakfast, Lunch and Snack

Center:

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------|-------------------|-------------------|-------------------|-------------------|
| Milk (1 cup) | | | | | |
| Juice or Fruit or Vegetable (½ cup) | | | | | |
| Grains/Breads (2 servings*) Bread (2 slices) or Cold Cereal (1½ cups) or Hot Cereal (1 cup) | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. |
| Other foods (Do Not Count) | | | | | |
| Lunch | | | | | |
| Milk (1 cup) | | | | | |
| Meat/Meat Alternate Meat, Poultry or Fish (2 oz.) or Alternate Protein Products (2 oz.) or Cheese (2 oz.) or Egg (1) or Peanut Butter (4 Tbsp.) or Cooked Dried Beans and Peas (½ cup) or Yogurt (1 cup) | | | | | |
| Grains/Breads (2 servings*) Bread (2 slices) or Cold Cereal (1½ cups) or Hot Cereal (1 cup) | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. |
| Fruits and/or Vegetables (two or more different servings for 1 cup total) | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. | 1. ----- 2. |
| Other foods (Do Not Count) | | | | | |
| Snack (AM or PM) – Select 2 of the 4 components: | | | | | |
| 1. Milk (1 cup) | | | | | |
| 2. Meat or Meat Alternate Meat, Poultry or Fish (1 oz.) or Alternate Protein Products (1 oz.) or Cheese (1 oz.) or Egg (1) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup) | | | | | |
| 3. Juice or Fruit or Vegetable (½ cup) | | | | | |
| 4. Grains/Breads (1 serving*) Bread (1 slice) or Cereal (¾ cup) or Enriched Pasta and Grains (½ cup) | | | | | |
| Other foods (Do Not Count) | | | | | |

*See “Serving Sizes for Grains/Breads in the CACFP” for specific serving sizes.